

Eat Well – Stay Well

Vegetables - 3 handfuls

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Fruit - 2 handfuls

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Animal Protein = Complete Protein

Fish: 2 handfuls a week

White meat: 2 handfuls a week

Fresh red meat - 2 handfuls a week

Egg

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

Vegetarian Protein: they need to be combined with other foods (like grains) to make a complete protein

Beans & Pulses

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Nuts & Seeds

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Fruit & Vegetables
5 handfuls a day!



1 handful of fish or unprocessed meat a day
1-2 handfuls of vegetarian protein a day
Protein

www.livenaturally.org.uk



Starchy Foods
4-5 handfuls a day!

Potatoes, bread, rice, pasta and other starchy carbohydrates



1 handful a day!
only 8%
Dairy



e.g. oats, potatoes, bread, rice, pasta,
quinoa, millet, rye, barley

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

We live in a time when many foods are ultra-processed. Factory processing alters the natural structure of food, so your body can't use them as proper building blocks anymore. Choose food in its natural state, for e.g. potato, not crisps, butter, not margarine.

Fats



Your body needs natural fat every day. Choose whole foods that naturally contain fat, such as fish, meat, eggs, avocados and butter

e.g. milk, yoghurt, soft cheese, hard cheese, cottage cheese

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____